

After-School Snack Menu

USDA Requirements for ages 6-12

Snack

Milk 1 cup

Meat/Meat Alternatives 1 oz

Vegetables $\frac{3}{4}$ c

Fruit $\frac{3}{4}$ c

Grains 1 oz

Monday	Tuesday	Wednesday	Thursday	Friday
Saltines and String Cheese	Fruit and Goldfish Crackers	Veggies and Pretzels	Belvita Biscuits and Fruit	Baked Chips and Juice
Applesauce and Grahams	Quesadillas	Fruit and Granola Bars	Veggies and Pita Bread	Go-Gurts and Fruit
Nutrigrain Bars and Milk	Veggies and Wheat Thins	Yogurt Cups with Cereal or Fruit Topping	Fruit and Muffins	Chips and Salsa or Guacamole
Veggies and Pretzels	Fruit and Quaker Rice Crisps	Fig Bars and Milk	Bagels and Cream Cheese	Sun Chips and Juice